

Potassium

Recommended amount:

2,000 mg per day
3,500 mg per day if
obtained from fruits &
vegetables



Functions:

- Water, electrolyte & pH balance
- Cell membrane transfer
- Influences contractility of smooth, skeletal & cardiac muscle
- Affects excitability of nerve tissue
- Decreases calcium excretion
- Role in blood pressure

Deficiency symptoms:

- Lethargy & weakness
- Nervous irritability
- Mental apathy & disorientation
- Weight loss
- Bone fragility
- Gastric hypomotility
- Conduction disturbances
- Hypertension
- Paralysis
- Cardiac arrhythmias & arrest

Conditions contributing to Deficiency:

Severe vomiting & diarrhea

Toxicity symptoms:

- Lethargy & weakness
- Gastric hypomotility
- Conduction disturbances
- Cardiac arrhythmias
- Cardiac arrest



Good Food Sources:

Unprocessed foods
Potatoes
Tomatoes
Many other vegetables
Avocado
Banana
Orange
Peach
Dried fruits
Many other fruits
Dried beans
Wheat bran
Dairy products
Eggs
Meats
Salt substitutes

